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ATTORNEYS' DOCKET NO.

[illegible]

which is classified and signed by SECRET International Application No. PCT/ru88/00182 : 19 June 1998

Is my proposed research:

☐ No specification in application Serial No. _____

of conducting and assessing an

I hereby state that I have reviewed and understand the contents of the above identified transaction, including the check, as demanded by my agreement signed in name. I acknowledge the duty to disclose information which is material to solvability as defined in Title 6A, Code of Federal Regulations, § 1.36.

I hereby state I have signed hereto under Title 21, United States Code, § 853 (a) (4) of any lawful application for passport or traveler's certificate listed herein and have also indicated by my lawful application for passport or traveler's certificate hereto a filing date before that of the application on which priority is claimed.

Peer Reviewer Acknowledgments

Property Claimed

• **Stress Management:** Stress management techniques such as deep breathing, meditation, and yoga can help reduce stress and improve overall health.

References

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Abstract

Figure 1

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I hereby place on record under Title 26, United States Code, (44 USC of any United States provisional application(s) filed before
Application No. _____ Filing Date _____ Application No. _____

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I hereby claim the benefit under Title 35, United States Code, §129 of any United States application(s) listed below and, besides as the subject matter of each of the claims of this application is not claimed in the prior United States application in the manner provided by the first paragraph of Title 35, United States Code, §102, I acknowledge the duty to disclose information which is material to patentability as defined in Title 35, Code of Federal Regulations, §1.60 which becomes available between the filing date of the prior application and the national or PCT filing date of this application.

Figure 1

POWER OF ATTORNEY: As a named investor, I hereby appoint the following attorneys (Registration No.) to prosecute this application, receive and act on instructions from my agent, and transact all business in the Patent and Trademark Office connected therewith. HARVEY D. JACOBSON, JR. (20.661); D. DOUGLAS PRICE (20.614); JOHN CLARKE HOLMAN (22.760); MARVIN R. STERN (20.640); MICHAEL R. SLOBASKY (20.427); JONATHAN L. SCHIERER (20.061); IRWIN M. ALLENBERG (10.007); WILLIAM E. PLAYER (31.408)

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I hereby declare that all statements made herein of my own knowledge are true and that all statements made on information and belief are believed to be true; and further that these statements are made with the knowledge that such false statements and the use of such are punishable by fine or imprisonment or both, under section 1001 of Title 18 of the United States Code; and in so doing, each of these statements may implicate the validity of any federal banking statute.

SIGNATURE OF INVENTOR 001 <i>1. Mager</i>	SIGNATURE OF INVENTOR 002 <i>Margobeth Thurman</i>	SIGNATURE OF INVENTOR 003
DATE 03.07.2000	DATE 03.07.2000	DATE

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